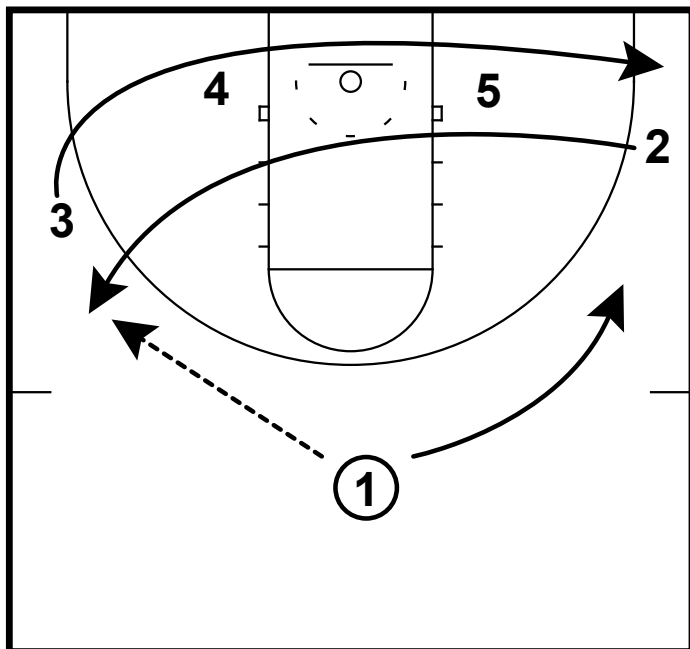
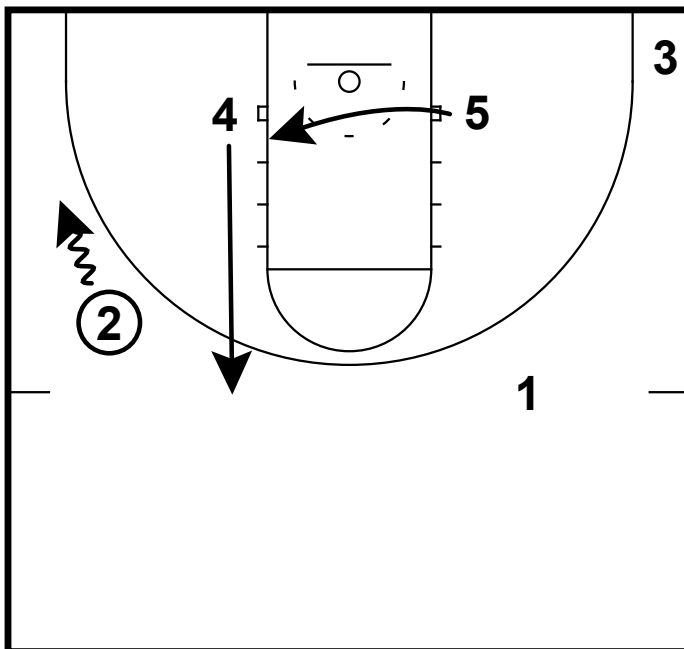


HALF-COURT: VCU "32" Post Feed



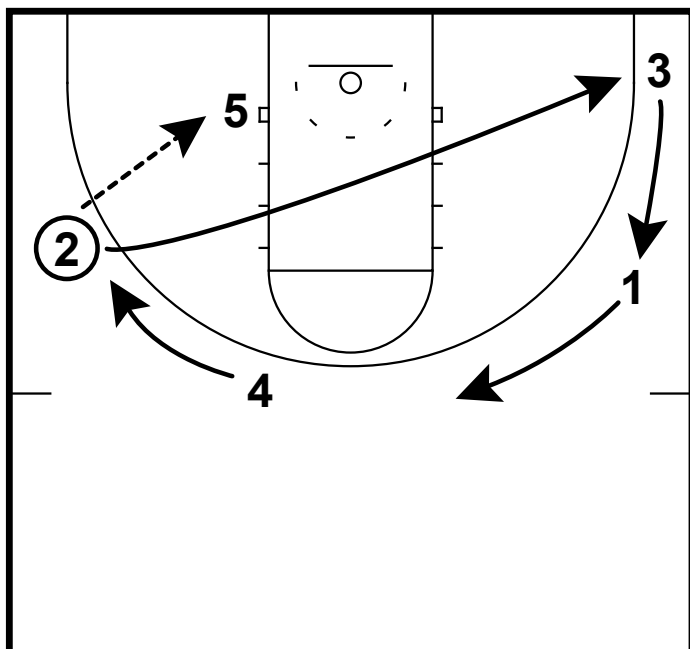
Here is some motion action from VCU to try and get a post feed. They start in a 3 around 2 alignment. The 3 cuts low below the posts to the right side. The 2 cuts above the posts to the left side. 1 passes to the 2. 1 spaces over to the right side.

HALF-COURT: VCU "32" Post Feed



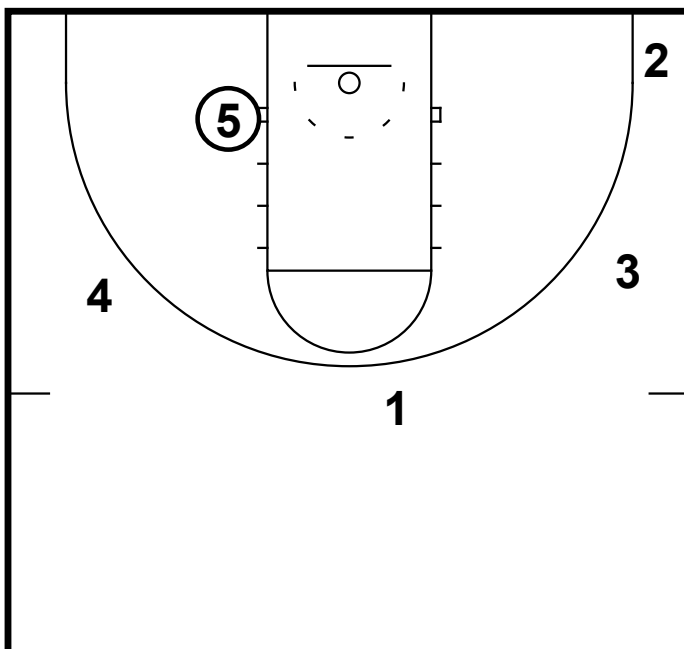
When the 2 catches the ball. The 4 will cut high and the 5 will come across. 2 will dribble down to get a better passing angle to feed the post.

HALF-COURT: VCU "32" Post Feed



2 will feed the post. After he feeds the post he will now cut through to the opposite corner. 5 can feed 1 on the cut if he is open. 4 replaces the 2 while the 1 and 3 rotate over.

HALF-COURT: VCU "32" Post Feed



This action flows well into their dribble motion.